

25th ANNUAL 5K Road Race & 5K Relay State Championship REGISTRATION FORM

Five person relay team – Each member runs 1km – Male, Female & Co-ed teams (co-ed 3 & 2 males or females)
Saturday, June 25, 2022 7:30AM Start
Race day registration begins @ 6:30AM

Location: Southside of Purcell Lake at the pavilion Individual Fee: \$25 w/ tshirt to first 100 runners to sign up

Relay Fee: \$50 per five person team (non-corporate); (registation on back)

Mail Registration to:

Heart of Oklahoma Lake Run, C/O Dr. Schmidt - PO Box 1560 - Purcell, OK 73080

Make Check payable to Purcell Public School Foundation

Individual Registration Form

Age on race day:

DOB:

(waiver must be signed to participate)

Name:

Address	100	City			StateZip	egis
Phone	.800	Shirt size S	M I	XL	XXL (first 100 to sign up)	
and properly trained. I a falls, contact with othe known and appreciated executors, administrato and discharge any and or liability for death, procurse of, my partici whatsoever, foreseen numbers with anyone	assume any and all r participants, the I by me. I agree no rs, or anyone else all race sponsors, i ersonal injury or pi pation in this ever or unforeseen, kno or allow anyone o	other risks associated weffects of the weather are to go back onto the couwho might claim on my brace officials, volunteers, roperty damage of any kint. This release and waive own or unknown. I am futher than myself to wear	ith runn nd the course afte ehalf, co local an nd or na er exter lly awar	ing this condition of the condition of t	not enter if I am not medically sevent including, but not limite ns of the roads, all such risks being. I hereby for myself, my heat not to sue, and waive and relepolice including any and all claim hatsoever arising out of, or in the liclaims of every kind or nature is a fraudulent act to switch rater and I agree not to do this. Those, etc. For any purpose.	d to eing eirs, ease ms he

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5K Relay State Championship Registration Form

Name:	Age on race day:	DOB:	Sex	
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Make Check payable to Purcell Public School Foundation

Waiver: I know that running a road race is potentially hazardous activity. I should not enter if I am not medically able and properly trained. I assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. I agree not to go back onto the course after finishing. I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. The undersigned also grants permission to sponsors to use any photos, videos, etc. For any purpose.

Signed(waive	r must be signed to participate
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